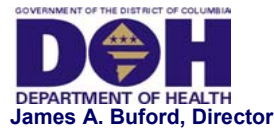
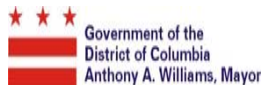


WIC AND CSFP SENIORS FARMERS' MARKET NUTRITION PROGRAM (FMNP)

BUYER'S GUIDE



"This institution is an equal opportunity provider and employer."

NORTHEAST MARKETS

DC Open-Air Farmers' Market
Across from Stadium Armory, Washington, D.C.
Market opens May – November

Knopps Farm: Sat. 7:00 am – 5:00 pm
Dodson Farm: Sat. 7:00 am – 5:00 pm
Thurs. 7:00 am – 4:00 pm
Miller Farm II: Sat. 8:00 am – 5:00 pm
Miller Farm I: Sat. 8:00 am – 5:00 pm
Thurs. 7:00 am – 4:00 pm
DeFietas Farm: Sat. 8:00 am – 5:00 pm
B.F. Weaver: Sat. 7:00 am – 5:00 pm
Thurs. 7:00 am – 5:00 pm
Weaver Brothers: Sat. 8:00 am – 4:00 pm
Laurel Grove Farm: Sat. 6:00 am – 4:00 pm
Lewis Farm: Sat. 8:00 am – 4:00 pm

Brookland Farmers' Market
Near Brookland Metro Station, NE, Washington, DC
(Under the Michigan Avenue Bridge)
Market opens May – November

Three Way Farm: Sun. 10:00 am – 1:00 pm
Green Farm: Sun. 10:00 am – 2:00 pm
D & S Farm: Sun. 10:00 am – 2:00 pm
Licking Creek Bend Farm: (Begins June – November)
Tues. 4:00pm – 7:00pm

North Capitol Neighborhood Farmers' Market
1600 North Capitol Street, NE, Washington, DC
Market opens June – October

Green Farm: Sun. 10:00 am – 2:00 pm
Penn Farm: Sun. 10:00 am – 2:00 pm

NORTHWEST MARKETS

Mount Pleasant Market
Mount Pleasant Avenue, NW, Washington, DC
Market opens June – November
Star Hollow Farm: Sat. 8:00 am – 1:00 pm

Columbia Road Farmers' Market
18th Street & Columbia Road, NW, Washington, DC
Market opens May – November
New Morning Farm: Sat. 8:00 am – 1:00 pm
Licking Creek Bend Farm: Sat. 8:00 am – 3:00 pm

Columbia Heights Community Marketplace
14th & Irving Street, NW, Washington, DC
(Next to Columbia Heights Metro Stop)
Market opens May – November
Three Way Farm: Sat. 8:00 am – 2:00 pm
Penn Farm: Sat. 9:00 am – 2:00 pm
Comus Ridge Farm: Sat. 8:00 am – 1:00 pm
D & S Farm: Sat. 9:00 am – 1:00 pm

14th Street Heights Community Market
14th and Crittenden Streets, NW, Washington, DC
Market opens May – November
Green Farm: Sat. 10:00 am – 2:00 pm
Penn Farm: Sat. 10:00 am – 2:00 pm

Dupont Circle Farmers' Market
20th Street & Mass Avenue, NW, Washington, DC
Market opens May – November
Toigo Orchards II: Sun. 8:00 am – 12:00 pm
Next Step Produce: Sun. 9:00 am – 1:00 pm
New Morning Farm: Sun. 9:00 am – 1:00 pm

SOUTHEAST MARKETS

Eastern Market Outdoors Farmers' Market
225 7th Street, SE, Washington, DC
(Between Penn. and North Carolina Avenues)
Market Opens May – November
Sunnyside Farm: Sat. 7:30 am – 12:00 pm
Ash Farm: Sat. 7:30 am – 4:00pm
Myles Flowers & Produce: Sat. 6:00 am – 4:00 pm

Anacostia Farmers’ Market
25th & Alabama Avenue, SE, Washington, DC
Market opens June – November
Toigo Orchards II: Sat. 9:00 am – 1:00 pm
Clagett Farm: Sat. 9:00 am – 1:00 pm
Richard Farm: Sat 9:00 am – 1:00 pm
D & S Farm: Tues. 9:00 am – 1:00 pm
Community Harvest: Sat. 9:00 am – 2:00 pm
Doswell Farms: Sat. 9:00 am – 2:00 pm
Love’s Garden: Sat. 9:00 am – 1:00 pm

Ward 8 Farmers’ Market
3100 MLK Jr. Avenue, SE, Washington, DC
Market opens June – November
DeFreitas Farm: Sat. 8:00 am – 2:00 pm
Community Harvest: Sat. 9:00 am – 2:00 pm

MARYLAND MARKETS

Prince Georges’s Plaza Market
Prince George’s Plaza, Hyattsville, MD
Market Opens July – November
Knopps Farms: Tues. 12:00 – 4:00 pm
Harris Orchard: Tues. 3:00 pm – 6:00 pm

SOUTHWEST MARKETS

United States Department of Agriculture
12th and Independence Avenue, SW, Washington, DC
Market opens June – October
Terrapin Station Herb Farm: Fri. 10:00 am – 2:00 pm
D & S Farm: Fri. 10:00 am – 2:00 pm

Dept of Transportation
400 7th Street, SW, Washington, DC
Market opens June – October
Terrapin Station Herb Farm: Tues. 10:00 am – 2:00 pm
Green Farm: Tues. 10:00 am – 2:00pm
D & S Farm: Tues. 10:00 am – 2:00 pm

For more information, please call 202-645-5663/5518

<u>APPROVED FOODS</u>	<u>AVAILABILITY</u>
Apples (all)	August - November
Berries (all)	June - August
Cherries (all)	June – July
Grapes (all)	August - September
Peaches (all)	July - September
Nectarines (all)	July - September
Pears (all)	July - September
Plums (all)	July - September
Melons (all)	June - September
Green, Yellow, Pale Beans	June - September
Beets	July - September
Broccoli	July - November
Brussels Sprouts	June - September
Red and Green Cabbage	June - September
Carrots	July - September
Cauliflower	July - November
Turnip Roots	August – November
Sweet, Yellow and White Corns	June - September
Cucumbers	July - September
Green, White, Purple Eggplants	July - September
Collard Green	May - October
Kale	May - October
Mustard Green	May - October
Spinach	May - October
Turnip Green	May - October
Swiss Chard	May - October
Leeks	June - August
Lettuces (all)	May - August

Okra	July - August
Onions (all)	June – September
Peas, (all) Fresh shelled & unshelled	June - September
Peppers (all)	June - August
Potatoes (all)	July - December
Pumpkins (all)	September - November
Red and White Radishes	August - September
Squashes (all)	June - September
Tomatoes (all)	July - September
Basil	June – September
Parsley	June - September
Cilantro	June - September
Chive	June - September
Garlic	June - September
Thyme	June - September